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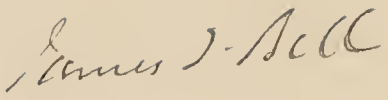

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REMARKS

ON

Mr. *MASON*'s

Treatise upon Tea.

Subsequent to which is exhibited

A True PORTRAIT of the

QUALITIES and EFFECTS

Of that INFUSION.

BY

J. NORMAN, SURGEON.

The SECOND EDITION,

With a PREFACE.

Amicus Socrates, Amicus Plato, sed magis Amica veritas.

LONDON:

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PREFACE

TO THE

SECOND EDITION.

HEALTH being the nobleſt and moſt deſirable of all human enjoyments, no conſideration can be of equal import with the Preſervation or Recovery of it. But this felicity is not always deſtroy'd by any irregularities which either paſſion, exceſs, or negligence, betrays men to: Cuſtom *many times having a ſhare therein, the arbitrary nature of which is ſo obvious, that in ſome things we err deliberately, and even of choice as it were, how inconſiſtent ſoever ſuch a conduct may appear, or however ill it comports with the dignity of a rational nature. In no inſtance can this Truth be better illuſtrated than that which is the Subject of the following pages.* TEA *is, in a manner, univerſally us'd; Age, Sex, or Conſtitution, are but little regarded in a thing which is become a part of our daily ſuſtenance, and drank even for pleaſure and amuſement only. But ſurely, if Aliment as well as Medicine depends on ſcientific principles (a poſition of undoubted truth) then there can be no more reaſon for an indiſcriminate drinking of* TEA, *than for adminiſtring the ſame remedy indiſcriminately in any particular diſtemper.*

WE *have had many enquiries made into the nature and virtues of* TEA, *all of them, no doubt, written to be uſe-*

ful

ful to the publick; but I dare say, no treatise was ever carried, even to such a length as it is, with matter so little to the purpose, as that which gave birth to the ensuing Remarks. *What I have added after them being rational deductions founded upon real Facts, of which every reader is a judge, may therefore merit a serious attention.*

IT *concerns me in this place to obviate some objections to the facts themselves.*

FIRST, *it has been urg'd that* TEA *very seldom creates the* Heart-burn, *so seldom as not to deserve any manner of regard as an Effect of* TEA.——*This disorder is not perhaps often produc'd by drinking of* TEA, *for which I have assign'd a reason p.* 18. *but I have felt the acute pain myself, and I have heard others complain of it after a regale of common* green TEA, *which could not be attributed to any thing else; and every one knows that* TEA *drank late in the evening, impedes the usual repose at night. May not a few instances in this particular corroborate the general doctrine when there are so many in others evident and demonstrative?*

AGAIN: *Advocates for* TEA *say, it is the abuse, not a temperate use of that liquor, it is a too copious indulgence that does all the mischief.——We will own five or six dishes leave a much worse effect behind them than two or three, but we deny that an error of this kind precludes a Vice in the quality of* TEA, *which cannot be disputed, since there are some constitutions that will not bear so little as one dish without being dispirited thereby.*

AN *appeal to publick testimony, one would think, should explain the rectitude of the design in a dissuasive from the use of* TEA: *Such notwithstanding is the fate of sublunary things, the kindest intentions are sometimes ill receiv'd, and the best-grounded attempts fail of their effect. It was no small*

ſmall concern to me to find I had incurr'd the diſpleaſure of ſome of my Female Readers, by the unguarded expreſſion of a cordial Dram: *Had they conſider'd the motive of my writing theſe Obſervations, had they recollected that I aſſum'd my pen upon a noble occaſion, in the cauſe of their Health and Serenity, they would have been leſs ſevere in their cenſures upon this account. I have nothing to plead but this; when the function of the Nerves is diſconcerted, and we become languid and uneaſy, Nature demands a relief; which being (too often) the caſe upon drinking of* Tea, *ſome Cordial ſeems as neceſſary then as upon any other fainty occaſion.*

But *as it is not likely this grateful liquor will come into diſ-uſe, the moſt beneficial hint that can be given is, to retrench the ſuperfluity of cups, and to take no more than the neceſſity of a liquid may require. I reflect on this with the greater complacency, being quite unwilling to forego the delightful entertainment of the* Tea-table. *It affords us an happy opportunity of beholding* Beauty *in full perfection. The fatigues of ſtudy are here agreeably worn off, and the intervals of buſineſs innocently and not unprofitably employ'd. It is here we feel the enlivening influence of ſparkling* Wit, *ſtill more animating, as it comes from a pretty mouth in native elegance and purity. We are naturally captivated with the charms of muſick, but how is the pleaſure enhanc'd, when at the ſame time that a lovely object engages the eye, the ear alſo is ſaluted with ſounds beyond the melody of the viol! Nor is it uncommon to meet with ſolid reaſoning and true philoſophy among Ladies at their* Tea. *Theſe are raviſhing entertainments! which as they are the agreeable ſubject of my contemplation at preſent, ſo do they afford much ſatisfaction in the courſe of life.*

Some Remarks

ERRATA. *Page* 10. *Line* 17. for *there* r. *theſe*. *p.* 15. *l.* 3. for *conſiſt* r. *conſiſts*. *ib. l.* 21. after *Contradiction* place . *Period Stop*. *ib. l.* 23. after 32 place , *Comma Stop*.

Some Remarks on Mr Maſon's *Treatiſe upon* Tea, *&c.*

THE infuſion of Tea being come into general uſe here in *England*, a treatiſe on that ſubject, containing a phyſical diſquiſition into the nature and qualities of this vegetable, and including an account of its effects, ſalutary or pernicious, upon the human conſtitution, from whence a ſummary of uſeful knowledge might be deduced, would have been an undertaking highly laudable, worthy of the beſt attention, and acceptable to the publick. But if this was Mr Maſon's deſign, when he engaged to conſider *the good and bad effects of Tea*, &c. now before me, I cannot but think he has greatly fail'd in the performance; for, to paſs by his natural hiſtory of this exotic, which exhibits

hibits no material new diſcovery, if we conſider his account of the *phyſical virtues of Tea*, of its *agreeableneſs to particular conſtitutions*, of the *propriety and impropriety of ſeaſons for drinking it*, and the manner of *his explication of its effects*, we find ourſelves diſappointed of the promis'd ſatisfaction.

It may not be improper to obſerve that enquiries into the nature of all ſubſtances, medicinal or alimentary, are ever within the province of phyſicians, or a practitioner of ſome branch of phyſick, perſons alone qualified for ſuch a work. Whether this gentleman has been educated in law or divinity, the ſtranger is left to gueſs; but that *medicine* hath not been the object of his ſtudies, is plain throughout this whole performance. And that I may not be ſaid to lay falſe accuſations, I will point out ſome paſſages, from whence what I have aſ-

ſerted

ſerted will fairly appear; to which my purpoſe, is to add a more juſt account of the operation and effects of Tea.

In the firſt page of the introduction, our author ſeems to be aware of the unkind reception of his treatiſe, "ſuppoſing it might give offence to "ſome." What ſort of readers thoſe are whoſe diſpleaſure he apprehended, he does not ſay: they cannot be perſons of high degree and fortune, becauſe he not only indulges them in the uſe of Tea, but grants they may receive many advantages from it; nor can they be thoſe of inferior rank and mean abilities, becauſe theſe are the very perſons for whom his pamphlet was deſign'd as a diſſuaſive againſt an imprudent uſe of this liquor; beſides, he might be leſs apprehenſive of offending people of this condition, as they ſeldom have money to waſte in the purchaſe of books,

nor

capacity nor leiſure to peruſe them if they had. But men of ſcience and erudition, phyſicians, may poſſibly be offended at this treatiſe, becauſe it does not afford them the ſatisfactory information which might reaſonably be expected, and which the title-page promiſes to furniſh out.

In the following paragraph is a recital from ſome authors of the virtues of *Tea*, *viz.* "that it cools, al-
"lays drought, helps digeſtion,
"makes clean the ſtomach, attenu-
"ates viſcidities, augments the velo-
"city of the ſluggiſh circulation, in-
"vigorates, gives new ſpirits, pro-
"motes ſecretions, ſtrengthens the
"bowels, and prompts natural eva-
"cuations, *&c.*" Theſe are hard words to a *poor* reader! Who theſe authors are I know not; ſurely men of the learned faculty of phyſick, would not deliver themſelves in this implicit as well as inconſiſtent manner.

ner. Are cooling and allaying drought compatible with augmenting the velocity of the circulation? And what congruity is there between theſe properties, and that of making clean the ſtomach, which is generally done by *emetic* medicines? In fact, theſe virtues of Tea are as imaginary, as they are confuſedly blended in the deſcription; and tho' in the next page Mr MASON affirms this ſame Tea to be good, on many accounts, for perſons of high living, I believe it will appear in the ſequel, that it is no leſs prejudicial to them, than to perſons in inferior ſtations.

This gentleman, p. 3, tells his readers he will "in the following "ſheets, relate ſome of the phyſical "virtues of Tea, and how far they "are conducive to the preſervation "of the health of our *Engliſh* con-"ſtitutions." This was the very thing I long'd to know, and if Mr

MASON

MASON had been as good as his word, he had sav'd me the pains of these remarks upon his performance. Overlooking now the natural history of this shrub therein contain'd, which is chiefly transcrib'd from others, I come to p. 15. in order to find the account of its virtues; and here our author says, they are strangely controverted; and then quotes the opinions of SIM. PAULI, PECKLIN, SCHRODER, QUINCY, TEN-RHYNE, KEMPFER, and Dr SHORT. Alas! of what use is this to the inquisitive reader? The sentiments of these writers were known long ago, and if Mr MASON has nothing to add from his own knowledge and experience, he has done nothing. True indeed it is, that it is not possible for Tea to abound with half the qualities it is said to do, and I verily believe the leaf adulterated with *Japan* earth and allom, in the manner mention'd by him, p. 22. and used for the natural

tural Tea, would not be ſo inſalubrious to ſome conſtitutions, as the infuſion of the ſame before ſuch adulteration. But more of this hereafter.

I proceed to take notice of this gentleman's account of the uſe of Tea amongſt us. At *p.* 27, he ſays, he ſhall adviſe it in a manner ſuitable to health, conſtitution, *&c.* ſhewing to whom it is, and is not agreeable; and then lets the reader know that "it "is taken in the morning, as a meal; "that ſome chuſe green, others bo-"hea, ſome like cream and ſugar in "it, others only one of theſe, and "others neither, which he thinks "the moſt polite; that a very mate-"rial part of the breakfaſt is toaſt "and butter, or, as they like, bread "ſpread with butter, or a hot roll "well butter'd; the Tea ſerves to "waſh down the more ſubſtantial "part of the breakfaſt, and without "theſe neceſſary concomitants, ſuch

" as have good appetites will be much " disappointed from Tea only." Wonderful discoveries! Does Mr MASON think any one person is ignorant of these things? Or can he believe any body is so stupid as to imagine Tea only, a competent breakfast? But let us hear some of his favourite benefits of Tea, *p.* 28. After a night's debauch, the consequence being a thirst, headach, nausea, *&c.* persons drink Tea medicinally more than for a meal. " In these cases it is taken to cleanse " the stomach, allay the thirst, to com- " fort and brace up the relax'd state " of the fibres;" Well, and how does Tea do there? Why, " it abates the " ebullition of the heated blood, gent- " ly invites a moderate sweat, velli- " cates the intestines to empty them- " selves, and by its diuretic efficacy " promotes a plentiful discharge by u- " rine, and soon reduceth every part " to good order and harmony, by " expelling the latent fumes which

" occasion'd

" occaſion'd thoſe ſick fits, and diſa-
" greeable qualms." Behold the a-
mazing depth of this writer's *medicinal* knowledge! *Thirſt*, *head-ach*, *nauſea*, &c. are to be cur'd by a medicine, the ſurpriſing virtues of which are *cooling*, *ſudoriſic*, *cathartic*, *and diuretic*, all at once; nor are theſe all, for it is *aſtringent* too, ſince he poſitively aſſerts immediately after, that " green Tea is moſt proper for theſe " purpoſes, as being moſt aſtringent." The bare recital of theſe paſſages is ſufficient.

He goes on, " Tea likewiſe is a " very good breakfaſt with cream, " ſugar, and bread and butter for thin, " hectical perſons, as being more nu- " tritious, when join'd with thoſe " ſubſtantial good ingredients;" and then proceeds in his uſual manner to re-enumerate the ſeveral virtues of it. Nor is he content with one repetition, for having juſt before pronounc'd Tea

a medicine

a medicine in ſickneſs, and alimentary in time of health, *p.* 30, he ſays, " Notwithſtanding, I allow Tea to be " a good breakfaſt for ſome perſons " in health, ſo alſo it is for ſome " others, who, by irregularities and " exceſs, put themſelves out of order, " and are therewith reliev'd; ſo like- " wiſe it is good, either taken phyſi- " cally, or as a meal, for the valetu- " dinarian ſort, or hectical habits, " when drunk with cream and ſugar." Is not this the ſame thing over and over again? So likewiſe, *p.* 32. having preſcrib'd it good for the *vapours* and *ſcurvy*, well ſweeten'd with cream, or boil'd new milk, repeats, that " thus prepar'd, it abounds with theſe " and many more ſalutary virtues, " and is a wholeſome nutricious " breakfaſt for many perſons." *P.* 35. he ſays, Tea-drinking in the afternoon may be good for ſuch perſons as eat large meals, and drink much wine, " in theſe circumſtances, I ſay, Tea is " requiſite

" requiſite to cool, dilute, and for-
" ward digeſtion." But I ſay, it is *not* requiſite, for boil'd water alone, or any other ſimple diluting liquor, would anſwer all theſe purpoſes better than Tea; and that there is no more reaſon for aſcribing any virtue to it in theſe circumſtances, than in caſes of the *Gout*, *Stone*, and *Gravel*, caſes wherein Mr MASON himſelf thinks it of no ſervice. But to let all this paſs, how contradictory is this writer to himſelf! Let the reader but turn to *p.* 24, and there he will find him give a quite different opinion of Tea. After deſcribing the manner of its preparation in *India*, in which it yields a juice of ſo ſharp, corroſive, and poiſonous a nature, as to burn the labourer's hands to an intolerable degree, he ſays, " it is plain, after all
" the repeated methods they uſe to free
" their Tea from this juice, ſtill ſo
" much of that quality will remain,
" as to render it very corroſive,

" as

" as may be proved by the infu-
" ſion ; and this corroſive, acid,
" pernicious quality it abounds with,
" is modeſtly term'd aſtringent,
" which the greateſt advocates are
" apprehenſive may be hurtful to ſome
" ages and conſtitutions; but what-
" ever reputation it hath gain'd from
" its phyſical virtues, it may be at-
" tributed to warm water, cream,
" ſugar, and ſome other additions,
" and very little *(he might have ſaid*
" *none at all)* to this grand exotic."

This account of the *Indian* management of Tea, I believe, is genuine, and what this gentleman obſerves after it, is juſt and natural. He owns too, at *p.* 48. " that he cannot re-
" concile the ſeveral qualities attributed
" to Tea *(which indeed are not to be*
" *reconcil'd)* ſome of them ſeeming
" quite the reverſe to others;" and at *p.* 50. again confeſſes, " that after all
" the boaſting of its advocates, he
" cannot

" cannot find any eſteem which it " doth merit, but that all its ſuppos'd " efficacy conſiſt in boil'd water, " cream, and ſugar." But how he ſhould be ſo forgetful as to affirm and deny the ſame thing, in ſo ſmall a compaſs, is ſurprizing indeed. What remains of this gentleman's book deſerves no notice, as it is, for the moſt part, declamatory language, directed chiefly to women at the waſhing-tub, and others of the like ſtation; indeed, he, more than once, declares to have undertaken his treatiſe for the uſe of theſe. I cannot ſay it is worthy of a more learned reader; for, ſetting aſide a few ſcatter'd ſentences of truth and judgment, there is no injuſtice in giving it the character of a confus'd heap of abſurdity and contradiction, quite different from what is advanc'd *p.* 30, 31, and 32. I will now ſet myſelf to prove, that Tea is not agreeable to *hectic conſtitutions*: that it is quite prejudicial

prejudicial to perſons labouring under *fevers*, of whatever kind; and that it often produces the *vapours*, ſo called; that it is not by all allow'd a good *ſtomachic*; that mixt with milk and ſugar, it claims no *alterative* property; and that it is not more often blam'd than it ought to be.

This exotic leaf abounds with a moſt delightful fragrancy, on account of which, and the agreeable taſte of its infuſion, it is highly eſteem'd in ſeveral parts of *Europe*; but no where more ſo, than in *England*, where the plentiful uſe of it is one of thoſe evils which luxury has introduc'd amongſt us; for that it is in any degree conducive to health, does not appear from an obſervation of the conſequences of drinking it. The moſt that can be ſaid in its favour is, that it does no harm; and if the defence of Tea could be thus far ſupported, there would be ſome plea for

for its uſe: but tho' it ſometimes, and to ſome conſtitutions, does no harm, a multitude of inſtances there are, which ſhew it to be unfriendly to the nerves, and injurious to the conſtitution.

Of this Tea there are ſeveral ſorts, differing in goodneſs, but all pregnant with the ſame bad qualities in ſome degree or other, and may very well be conſider'd under the one general name. Doubtleſs, that *hyſon* which is the brighteſt-colour'd and well curl'd, having been beſt dried, is the leaſt hurtful, and diffuſes the moſt agreeable flavour; to come at the knowledge of the qualities of which, there is not a more certain way, than by obſerving its effects when taken into the ſtomach; and theſe are *heart-burn*, *oppreſſion at the præcordia*, *anxiety*, *trembling*, and a long train of conſequences to theſe.

First, then, I say, that Tea gives the *heart-burn*. There cannot be a more convincing argument of a degree of a corrosive quality existing in Tea than this; and if it be not more often the case than we find it is, this effect may very reasonably be supposed to be prevented by a mixture of *cream* or *milk*, and *butter*, which are generally taken in a pretty large quantity with it; for these are bodies that have an aptitude to defend the parts, and sheath acrimonious humours, indications pointed out in this disorder, which, tho' denominated a heart-burn, is defin'd an *affection of the stomach*, produced by some acid and biting humour, abrading the mucous lining of it, and preying upon its sensible substance.

But *anxiety*, and a *sense of weight upon the præcordia*, more often follow Tea-drinking, than the heart-burn.

burn. They are ſymptoms which ariſe one, two, or three hours, after the entertainment, to which the tender and delicate females, the ſtudious and valetudinary are very ſubject. I have ſeen *the moſt amiable of her ſex*, labouring under theſe complaints in a ſevere degree. This uneaſineſs, this oppreſſion upon the nerves, derives its origin from ſome noxious quality in Tea, diſturbing the regularity of their functions, which being begun in the ſtomach, affects it and the neighbouring parts chiefly, but is communicated to the whole ſyſtem; and of this common effect of Tea the fair ladies are moſt ſenſible, being, for an immediate relief, oblig'd to have recourſe to a cordial dram.

Trembling is another diſorder with which Tea-drinkers are affected, which alſo is a diſtemper of the nerves. It may not indeed be eaſy, diſtinctly to unravel in what manner theſe

phæ-

phænomena are brought about, becauſe the perviouſneſs or ſolidity of the nervous bodies is a point not yet adjuſted, and perhaps never will; and ſenſation, and muſcular motion but imperfectly underſtood. It is allowed, however, on all hands, that digeſtion, nutrition, ſecretion, and proper performance of every function of the body, which are ever neceſſary to health, depend on a due degree of tenſity and ſtrength of the nerves. Hence ariſes a juſt equilibrium between the ſolids and fluids, the leaſt deviation from which is a diſeaſe, and becomes the ſource of innumerable calamities. Let us now ſuppoſe the nerves and fibres relax'd by the uſe of Tea; a tremor ſucceeds, the digeſtive organs being impair'd, the body is ſupplied with an imperfect chyle, the ſecretions are vitiated, and all the viſcera clog'd with impurities. And this relaxation being often repeated, reduces the

whole

whole body to a languid ſtate, from whence a ſcene of evils will ariſe, as *ſpaſms*, *hyſterics*, *melancholy*, &c. and a complication of theſe.

If ſuch be the pernicious conſequences of indulging in Tea in a healthful ſtate, what may, or rather what may not, be expected from it in a *morbid* conſtitution? Will not the *hectical* patient, the tone of whoſe ſolids is already too much weaken'd, ſuffer an increaſing debility? And will not perſons labouring under *fevers* of other kinds, be prejudic'd in a like manner? I have already ſhewn how it is productive of the *vapours*, affections, which, it is well known, were never more common nor more obſtinate than ſince the introduction of Tea amongſt us; nor can any liquor, to the uſe of which theſe bad conſequences are known to ſucceed, *fortify the ſtomach*, or claim any *alterative* property, however incorporated

rated with milk and ſugar; which verifies the concluſion, that "Tea is not more often blam'd than it ought to be."

But here it may be objected, that we every day ſee people indulge in a liberal uſe of this favourite liquor, without feeling any of the bad effects repreſented. It is indeed true, we hear perſons of *robuſt* habits, whoſe appetites are craving, and that drink much wine, boaſt of ſubduing large cups, not only without prejudice, but with pleaſure and refreſhment; to theſe is Tea not hurtful, and to theſe only can it ſafely be allow'd. But admitting the whole force of the objection, it does not juſtify an indiſcriminate uſe of Tea. The operation of any medicine, receiv'd into the ſtomach, is ever uniform and invariable, but the effects will be different according to the conſtitution operated upon. If thoſe whoſe

whoſe fibres are rigid, and whoſe diſpoſitions are bilious, or gouty, can elude the power of a deſtroying agent, it by no means follows, that the tender and delicate ſhould not yield to its baneful influence. If it be replied, the far greater part, even of thoſe whoſe habits of body are ſo conſtituted, do not experience any inconvenience from Tea, I ſay, tho' cream, milk, ſugar, and butter, may prevent the appearance of an immediate detriment to ſome, yet remotely, and in the end, ſome at leaſt of the pernicious conſequences I have recited, are certainly occaſion'd.

Others there are who contend in favour of Tea, and lay all the blame on the water. That the ſimple elementary fluid is a ſalutary drink, and preventive of diſtempers, phyſicians, I think, generally allow. The materials of our food require plentiful dilution, which water is excellently adapted

apted for, and I believe was designed, by the author of nature, the only liquid for that purpose; but whether the adventitious quality of *heat* may not alter its property, may admit of doubt. Warmth join'd with humidity, in general, unbends the fibres, and enervates the body; and the frequent sipping of warm liquors seems to carry with it such a destructive event. If so, warm water, impregnated with foreign particles, pernicious in themselves, must increase the evil, and the use of Tea cannot be justified on any consideration. But I conceive the fact quite otherwise, for warm water, replete with the wholesome qualities of sage, baum, or any similar *English* vegetable, drank in the same manner with the *Indian* Tea, is not accompanied with any of those hurtful consequences which that Tea produces.

We see now the *qualities* and *effects*

fects of this foreign ſhrub, and are able to pronounce to whom it is, and is not unwholeſome. The local preparation of it, and the effects of its infuſion here, illuſtrate each other, and both ſhew it to abound with a noxious quality. Happy would it be for thouſands in this nation, if this repaſt was baniſh'd publick aſſemblies, as well as their tables at home: for as nothing but a ſtrong conſtitution, ſuch a one as can bear exceſſes of almoſt every kind, is able to combat its agency, the far greater part of its votaries muſt become a ſacrifice to its deſtroying energy. Of theſe the beautiful part of the creation, the tender parturient females, demand my principal care. To us is the guardianſhip of their health, properly, intruſted, and no conſideration whatever can juſtify a neglect of this duty. If theſe few obſervations ſhould fall into the hands of any of them, they are conjur'd to believe, that nothing

leſs than an anxious concern for their eaſe and felicity, urges me to diſapprove of their favourite, Tea. If they feel not any of its pernicious effects preſently, I would have them be aſſur'd, that its operation is inſenſible, and by ſlow degrees, and certainly prejudices them in time. There is no pleaſure upon earth equal to intercourſes with the ladies, but if their tables are furniſhed with any thing as fatal to health in general, as their charms are to our ſex's tranquillity, I am perſuaded ſuch a conſideration would induce them to remove it. Sage Tea, or a draught of negus, would be a beneficial dilutant; but this *Indian* vegetable, under a grateful fragrancy, and delicious taſte, conceals a quality as deſtructive to health, as the pretender, on the throne of theſe realms, would be to our rights and liberties.

F I N I S.